



Serves: 4

# Spaghetti Aglio Olio Picante Con Il Broccoli

## Ingredients

- Wholewheat spaghetti, dry 240g
- Garlic Chilli Sauce 30g
- Broccoli, fresh 100g
- Olive oil 1 tbsp
- Salt, for boiling pasta and broccoli ¼ tsp
- Parmesan, grated 40g
- Water to boil pasta and broccoli

## Tips:

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce the amount of nutrients in vegetables.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Plant-based foods such as wholegrains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.

## Method

- Cut broccoli into small pieces and boil them in slightly salted water.
- Strain and put into a mixing bowl. Toss with chili garlic sauce and olive oil.
- Cook pasta, strain and add to mixing bowl. Toss with broccoli.
- Add parmesan and mix well.
- Serve hot.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 303 kcal  
Protein 14g  
Total fat (g and % of total calories)  
7.5g (21.3%)  
Saturated fat 2.4g  
Cholesterol 8.8mg  
Carbohydrate 49g  
Dietary Fibre 5.4g  
Sodium 310mg